

Dress Right, Dress

AFI 36-2903, Table 2.7

On service blues uniform coat, place highly polished US insignia halfway up the lapel seam, resting on but not over the seam. Bottom of insignia is horizontal with the ground. (Courtesy of the Spangdahlem AB First Sergeants Council)

News Briefs

Snow and ice parade

The 52nd Civil Engineer Squadron hosts its 5th annual snow and ice parade beginning at 5 p.m. Oct. 17. The parade gives Team Eifel an awareness of the type of snow removal equipment being used during winter months and to remind wing members to give the equipment plenty of room to operate on base streets and around parking lots. Drivers should stay at least 50 feet away from salt dispensing equipment to avoid damage to vehicles. The 52nd CES strives to meet all winter challenges and keep the base operating regardless of inclement weather.

Road closure

In order to accommodate the weekend cross-country races, traffic will need to be minimized on Am Wasserturm, the road in front of Bitburg High School between the water tower and housing gate Saturday from 11 a.m. to 2:30 p.m. Expect delays while traveling during race times. For more information call Hope Matthews at 452-9202.

Legal office closure

The legal office closes Oct. 8 due to an official function. The office re-opens for normal services on Oct. 9. For more information call Master Sgt. James Martinez at 452-6796.

Doggie ‘don’t’

According to page 23 of the 52nd Fighter Wing housing regulation, pet owners must clean up after their pets: “There are no designated pet relief areas in the Spangdahlem AB and Bitburg Annex housing, so all animal feces must be picked up immediately.” Wing members are also asked not to allow pets to relieve themselves in “high play” areas.

Load crew competitions

The 52nd Fighter Wing Weapons Load Crew of the Quarter and Weapons Jammer Driver of the Quarter competitions take place Oct. 17 at 7 a.m. at Hangar 1, building 35. Awards presentation is held the same day. For more information, call Tech. Sgt. Robert Steffen at 452-6273.

Motorcycle riders course

A motorcycle training course is required to obtain a U.S. Air Forces in Europe valid motorcycle riding license. The next course takes place Oct. 17 from 5-9 p.m. in building 316. The class continues Oct. 18 from 7 a.m. to 2 p.m. with the range portion in front of Hangar 1, building 35. For more information, call the 52nd Fighter Wing ground safety office at 452-7233 or 452-6543.

Coffee talk

Whether as friends or a vital link to the community, key spouses are bridging the gap between military units and families.

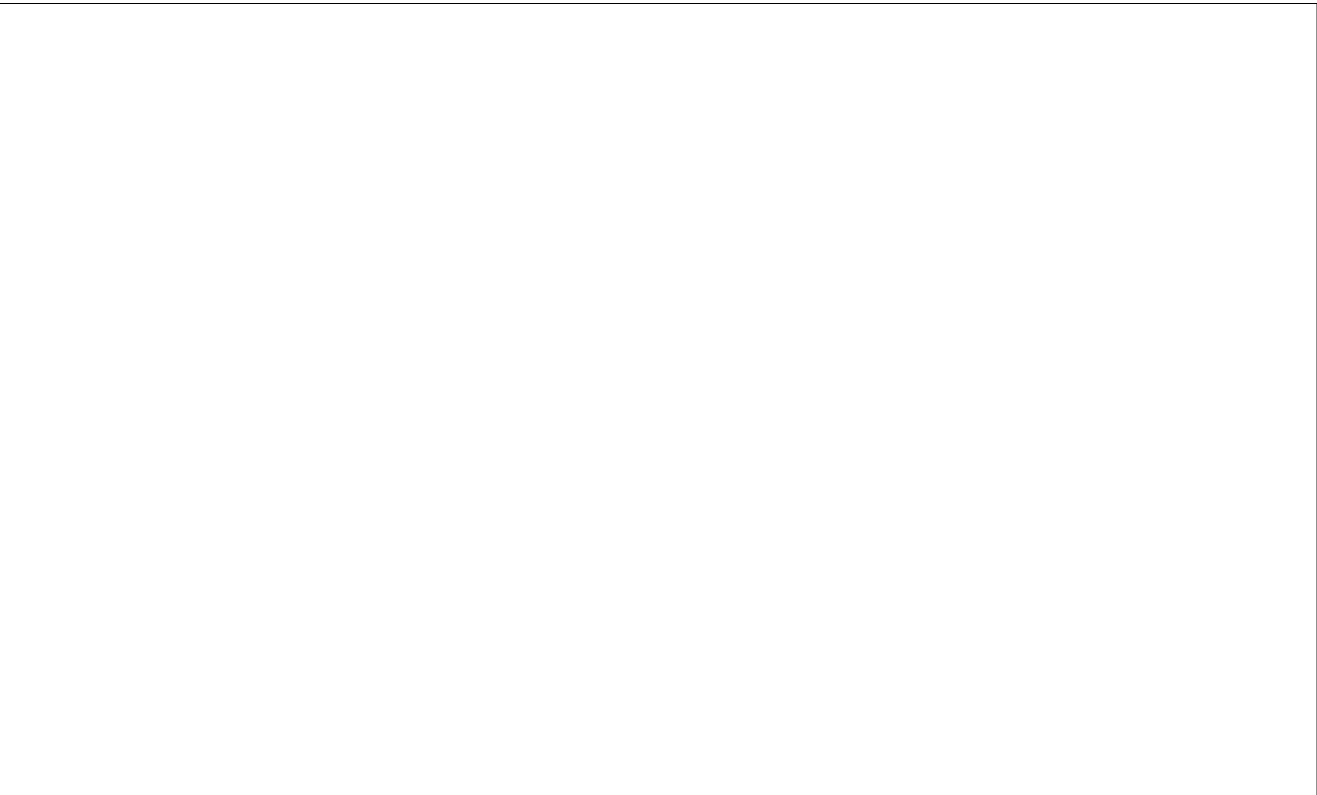
Read “Key spouses give military direct link to family,” on Page 4.

Eifel Times

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Spangdahlem Air Base, Germany

Sept. 26, 2003



Airman 1st Class Amaani Lyle

Eye, eye, captain!

Capt. Randall Stevens, 52nd Medical Group family practice physician assistant, uses an ophthalmoscope to perform a funduscopic or eye exam on Airman 1st Class Gabrielle Allen, 52nd MDG health services manager apprentice. Capt. Stevens won PA of the Year for Air Mobility Command for 2001. To learn more about the physician's assistant career field and National PA Day, read "Spang physician assistants fill doctors shoes ..." on Page 4.

Maintainers, pilots finish exercise, end on high note at NATO air meet

Flying exercises end successfully despite bad weather, mixed sorties

Story and photos by Master Sgt. Sean E. Cobb
52nd Fighter Wing Public Affairs Office

POZNAN AIR BASE, Poland -- Kicking in the afterburners and counting air and ground victories describes the performance of 52nd Fighter Wing airman at NATO AIR MEET 2003.

The meet, which ran Sept. 5-19, was a major NATO tactical live-flying exercise with missions running the entire gamut of operations from tactical air, suppression of enemy air defenses and electronic warfare.

Still poised in the closing days of the meet, Lt. Col. Grant Bishop, 52nd FW, 22nd Fighter Squadron operations officer and senior military U.S. representative at the meet, credits the wing's many successes to the skills of wrench-turning maintainers of the 52nd Maintenance Group.

"If you look out on the flightline, you can tell our maintainers are the 'A' team," the operations officer said of the more than 110 maintainers and support people deployed at the meet.

"Our jets are flying flawlessly," he said.

The wing deployed half a dozen F-16CJ's from the 22nd FS to the meet.

Operations could not be running any smoother and the support from other countries plays a key role when working at a deployed location such as the meet, said Master Sgt. Robert Block, 52nd Aircraft Maintenance Squadron, 22nd Aircraft Maintenance Unit airframe, powerplant and general section chief.

"We are meeting every flying sortie we could ever meet," the section chief said. "The flightline and back shop maintainers are truly working together as a team. We are executing the mission flawlessly."

Much of the success depends on the support from the other NATO countries -- Belgium, Canada, Czech Republic, Denmark, France, Germany, Greece, Hungary, Norway, Poland, Portugal, Spain, Turkey and England, who are involved in the meet, agreed Tech. Sgt. Peter Hinsky, one of



POZNAN AIR BASE, Poland -- Staff Sgt. Tammy Kerr, a 52nd Aircraft Maintenance Squadron, 22nd Aircraft Maintenance Unit supply technician, checks a deployable supply container Sept. 12 to see if a part is available.

the maintenance unit's flightline expeditors.

From fuel to extra aircraft parking or work space, "We get everything we need within 15-20 minutes of asking for it," the expeditor said.

The maintainers are not the only ones scoring big points at the meet, Lt. Col. Bishop said. "I've been particularly impressed with how well we are dealing with the bad weather

Spangdahlem ‘firedawgs’ react to save lives in wake of explosion near Bagram Air Base

By Master Sgt. Sean E. Cobb
52nd Fighter Wing Public Affairs Office

52nd Fighter Wing firefighters and support people helped save lives and minimize damage following a Sept. 19 explosion and fire near Bagram Air Base, Afghanistan.

“We responded to a large explosion and fire at a house in the village right outside our gates,” said Chief Master Sgt. George Chambers, 455th Expeditionary Operations Group on-scene commander for the incident.

“The fire was still burning when we arrived, and with the munitions laying all over the scene -- we knew we had a job to do,” Chief Master Sgt. Chambers said.

A rapid reaction force, consisting of security forces from the Air Force and Army, secured the scene -- allowing the 52nd FW

“firedawgs” to get down to business, the on-scene commander said.

Master Sgt. Dave Wilson, the 455th EOG incident commander, and Staff Sgts. Matthew McQuaig and Lee Manley, 455th EOG fire fighters, comprised the initial responding rescue crew.

“Four people lost their lives immediately and six people were seriously injured,” Chief Master Sgt. Chambers said. After taking care of the Afghani people, with assistance of combat medics from the Task Force Dragon Combat Army Surgical Hospital, the firedawgs put out the fire on the house and began laying streams of water to cool off the munitions strung about the site, he said.

Military officials discovered more than 4,000 Soviet-era flares and five 122mm rockets at the site. Initial press reports state one

of the rockets exploded while a villager dismantled it to use for scrap aluminum.

The firedawgs then began running out of water. “We brought another fire truck out, led by [Technical Sgt.] Wayne Blake and crewed by Senior Airman Joey Dominguez and Airman First Class Jared Martinez,” Chief Master Sgt. Chambers said. “We needed to keep those munitions cool so they couldn’t cause additional injuries,” he said.

Technical Sgt. Blake calls Ramstein Air Base, Germany home; all the other fire fighters are from the 52nd FW.

Security on the scene for the American forces became paramount, and every firefighter had a weapon strapped on, said Senior Airman Scott Rutkauskas, a 455th EOG fire fighter who responded to the incident. “It’s harder to do the job,” he said.

“We have to think about security. We know the bad guys are out there and we needed to be prepared for anything.”

After hours on-scene, the firedawgs needed more support, Chief Master Sgt. Chambers said. Chief Master Sgt. Kenneth McQuiston, 455th Aerospace Expeditionary Wing command chief master sergeant and troops from the 52nd FW Civil Engineer Squadron, also deployed to Bagram, answered the call. “They brought out drinking water and the CE troops knocked down some unstable walls for us,” he said.

About 17 airmen total from the 52nd FW responded to the incident, the on-scene commander added.

American Forces from Bagram Air Base, Afghanistan carry off a 122mm rocket while cleaning up after an explosion and fire in a nearby village Sept. 19. Firefighters from the 52nd Fighter Wing, currently deployed to Bagram put the fire out and assisted with the clean-up efforts. U.S. and Afghan troops sealed off the site and closed the road to the base. (Photo courtesy of the 455th Expeditionary Operations Group)

The Americans spent more than five hours on-scene -- securing the area, cleaning up munitions and informing grieving relatives of the status on those killed and injured, Chief Master Sgt. Chambers said.

“We had a meeting with the [Afghani] chief of police and village elders the day after the incident,” Chief Master Sgt. Chambers said. “They were extremely grateful for all we did.”

Images from the incident will stay with him for a lifetime, Senior Airman Rutkauskas said. “Their housing and way of life is so different from ours,” he said, recalling the bare-bones environment they experienced. “We did what we could to help in their time of pain.”



Staff Sgt. Russell Wicke

Chief Master Sgt. George Chambers, 455th Expeditionary Operations Group fire chief, explains how to use hurst tools to Airman 1st Class Jason Utt, 455th EOG. Hurst tools are used to pry and cut open doors of vehicles to rescue accident victims.

NATO

Continued from Page 1

and how our pilots are flying beside and against the other nation’s aircraft,” he said. “This kind of operation is ideal for our training program,” he added.

Dealing with the additional challenge of flying under standard measurements while the other nations use the metric system became interesting while flying integrated sortie packages, Lt. Col. Bishop said.

“The cooperative effort among the pilots is super,” he said.

“We are learning about [other nation’s] aircraft capabilities and tactics,” said 1st Lt. Eddie Francis, a squadron F-16CJ fighter pilot. “Communications in the air are not confusing and during de-briefs and mission planning we are splitting up tasks and arriving at good solutions,” he said about working with the pilots from the other countries.

The U.S. presence at the meet also guarantees the bonus of experiencing other nations aircraft and air operations practices, Master Sgt. Block said. “We are doing a lot of cross-servicing,” he said. “Our guys are really enjoying working with MiG 29s, SU-21s, Harriers and Tornados.”

Opportunities for new experiences at the meet abound and on Sept. 10, early-rising maintainers working the flightline received a pleasant surprise, Lt. Col. Bishop said.

Gen. Robert H. “Doc” Foglesong, U.S. Air Forces in Europe commander, stopped by while jogging. “The visit really made them feel special. They appreciate knowing their top leaders know and care about what they are doing,” he said.

When the afterburners power down and the maintainers put their tools away at the end of the day, everyone should know what distinguished visitors from around the continent are seeing -- the squadron did an awesome job, Lt. Col. Bishop said. “We set the standard,” he added.

A word of thanks

Col. Stephen Mueller, 52nd Fighter Wing commander, speaks during a reception at the Berlin Federal Defense Ministry, where Spangdahlem Air Base was recognized for its 50th anniversary in the Eifel. Present were German federal, state and local government leaders, including (left to right:) Defense Minister Peter Struck, Dr. Elke Leonard, Member of the Federal Parliament for the Social Democratic Party, Maj. Gen. Michael Wooley, 3rd Air Force commander, Lt. Gen. Werner Jarosch, German Air Force Deputy Chief of Staff and Hans Georg Wagner, parliamentarian state secretary. Col. Mueller thanked the German government and local representatives and praised the outstanding German-American relations in the Eifel. “The friendship with the Spangdahlem community is a bond between neighbors that has grown strong by mutual respect and lasting support. I assure you that friendship has the strength to hold us together for another 50 years,” he said.

Iris Reiff

Eifel Salutes

52nd Operations Group

Everything checked out for **Staff Sgt. Mary Betancourt**, who impressed an inspection team even though her shop is undergoing major modifications, extensive building repairs and a high turnover of pilots.

52nd Mission Support Group

Tech. Sgt. Rodney Eliot kept his eye on the ball for the 23rd Fighter Squadron. He secured the proper software and made the Air Force ball program look top notch! **Senior Airman Bo Varnell** developed a realistic F-16 crash exercise scenario for the wing disaster control group -- this was key to maintaining wing preparedness for disaster response. The **Explosive Ordnance flight** did a dynamite job of raising \$7,000 -- an all-time record -- toward the EOD memorial scholarship fund. Rest assured that **Staff Sgt. Tim Weiner** will get the job done -- as head of the quality assurance section, he's been getting the flight ready for the upcoming nuclear surety inspection. **Tech. Sgt. Kenneth Madere** and **Tech. Sgt. Lonney Johnson** had the red carpet rolled out for them at Ramstein Air Base, Germany, earlier this month -- and with good reason: congratulations to these two NCO academy graduates!

52nd Maintenance Group

"We'll take it!" **Tech. Sgt. Roy Giddens** led the way during acceptance of the first and most advanced F-16 to serve in the U.S. Air Force inventory. X-cellent marks the spot for **Senior Airman Anthony Guzman**, who followed through and waited at the spot to recover the pilot and jet after a ground abort and in-

flight emergency.

52nd Medical Group

Nurse anesthetist **Maj. Ritchie Grissett** did a "knock-out" job of running the department while colleagues deployed over the last eight months -- this ensured their facility could deliver consistent care to surgical and labor patients. **Maj. Kirby Wooten**, **Staff Sgt. Ronnie Lewis**, **Senior Airman Wallace Brannen** and **Airman**

1st Class Callie Ashlock were the movers and shakers who showed Herculean strength in moving old furniture from the inpatient unit to logistics to make room for new furniture. **Cpts. Dawn Mathews**, **Janice Berti**, **Staff Sgt. Karen Harr**, **Senior Airman Cynthia Mawer** and **Airman Naomi Rebeles** decked the halls and organized the furniture in patient rooms. A good sport was **Staff Sgt. Rolando Guerrero**, whose enthusiasm as the medical group's sports representative was integral to the unit winning the 2003 Wing Commander's trophy. **Sandra Stewart** left a lasting "impression" by training a new prosthodontist technician and creating a smooth transition for the newly assigned troop.

Special salutes

We have grounds to salute **Tech. Sgt. Chuck Grounds** for being selected as Det. 17's Instructor of the Quarter. Bitburg High School music teacher, **Hope Matthews**, was selected to represent Department of Defense Dependent Schools, Europe's music educators at DoDDS headquarters in Arlington, Va., Sunday through Oct 4.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

Master Sgt. Stan Gilmore, 52nd Civil Engineer Squadron engineering flight superintendent, is this week's Top Saber Performer.

Top Saber Performer

Name: Master Sgt. Stan Gilmore

Unit: 52nd Civil Engineer Squadron

Duty title: Superintendent, Engineering Flight

Hometown: Plainview, Ill.

Years in Service: 17

Nominee's contributions to 52nd Fighter Wing mission success: Master Sgt. Gilmore supervises a 17-person construction management team responsible for administration of more than 50 different construction projects to include the Northwest Expansion, Rhein-Main Transition project and many road improvement projects on base. He is instrumental as liaison between the contractors, base organizations and German construction agencies, said his supervisor, Capt. Kyle Brown. His proactive approach toward safety makes him the natural point man for many construction safety issues.

Off-duty volunteerism and professional development pursuits: He recently spent the U.S. Air Forces in Europe family day painting several rooms at the Bitburg St. Martins School, an activity he participates in annually.

What do you do for fun? I enjoy racing remote control cars. As an avid auto buff, I organized a trip to the upcoming International Auto Show in Frankfurt.

What do you like most about being stationed here? Location, location, location! Spangdahlem is a great starting point for seeing all of Europe.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base?

I would like to see the whole base made a "no hat" area.

IEA Scorecard

Project	Coordinator	Percent complete	Estimated completion
Brick House	Eddy Mentzer	100	Complete
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	Complete
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	Complete
Billeting laptops	Master Sgt. Fred Ayers	100	Complete
Loaner transformers	Gertrude Cochran	100	Complete
Batting cages	Mandy Baerman	40	Sept. 30
Bus shelter improvements	Tech. Sgt. Michael Smith	21	Oct. 24
HAS mezzanine	Tech. Sgt. John Murphy	35	Oct. 31
HAS crew shacks	Tech. Sgt. John Murphy	43	Oct. 31
Pavilion improvements	Udo Stuermer	10	June 2004

Southern support

Master Sgt. Scott Livingston, 52nd Fighter Wing ground safety manager, provides one of many welcome briefings to Col. Richard Julian and the members of the 134th Air Refueling Wing from McGhee Tyson, Tenn. The crew is here to provide "wing support" as part of their two-week annual tour requirement.

Members of the 52nd Fighter Wing construction safety team make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Fighter Wing Construction Safety Team

Description of the unit's responsibilities: Provides credible and consistent risk management guidance to ensure Team Eifel members are not exposed to unnecessary risk from the numerous construction projects around the installation.

Number of members: Five

How does the team fit into the 52nd Fighter Wing's mission? The team maximizes combat readiness by evaluating construction sites to: identify potential hazards to wing members, develop corrective actions and coordinate with contractors to ensure identified hazards are corrected. The team also provides construction safety information to the public through Armed Forces Network and the Eifel Times.

Team's other contributions throughout the year? The team was formed over the last three months with the goal of eliminating and reducing the hazards posed to members of Team Eifel from the many construction sites on Spangdahlem AB. The team has identified and corrected numerous serious construction related hazards. The Team established a single point of contact for members of the Eifel community to report construction related hazards. Hazards can be reported to the team by calling 452-SAFE (7233) or e-mailing 52 FW/Safety. All reports are investigated, and if valid, forwarded to the appropriate agency for action.

Spang physician assistants fill doctors' shoes, offer Eifel community personalized patient care

Story and photo by
Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

On a Friday afternoon in December 2001, an otherwise seemingly healthy 26-year-old active duty airman visited the medical clinic at a stateside Air Force base. The airman complained of fatigue. By the following Tuesday evening, the diagnosis was leukemia and he was undergoing chemotherapy. A few months later, he died.

Capt. Randall Stevens, 52nd Medical Group family practice physician assistant, said these are the rare, but tough cases. However, Capt. Stevens' quick thinking and decisive action is likely just what enabled the ailing airman to borrow precious final days with his pregnant wife and other child.

"In this job, there's this little bird on your shoulder that tells you something's wrong," Capt. Stevens said.

"The little bird" is intuition, which is sharpened and put to use after years of civilian and medical military training in a mid-level provider niche known as the physician assistant program.

1st Lt. Dave Roberts, 52nd MDG family practice PA and Capt. Stephen Griep, 52nd MDG orthopedic PA, join Capt. Stevens in handling more than 6,000 patients at Spangdahlem AB and the Bitburg Annex. The specialists operate out of the Spangdahlem medical facility.

Ruddy-complected and enthusiastic, Capt.

Stevens is only a few years his profession's junior. Oct. 6, 1967 marked the day that the first PA class graduated from Duke University, N.C.

According to the Duke University Medical Center Web site, the profession was developed by Dr. Eugene A. Stead Jr., then Chairman of the Department of Medicine, who believed mid-level practitioners could increase consumer access to health services by extending the time and skills of physicians.

Today, physician assistants are well-established and respected members of the health care team, and the Air Force is just one organization recognizing National PA Day on the profession's anniversary.

Capt. Stevens said the PA works autonomously as a primary care manager and mirrors the protocol of a doctor in most cases. The PA not only makes medical decisions while providing a broad range of services, but

they're able to enjoy personalized interaction with patients.

"The PA can do a lot of the same things a doctor can do," Capt. Stevens said. "The Air Force has developed 'Primary Care Optimization' in which the PA now has an empanelled group of patients that are his or hers to take care of."

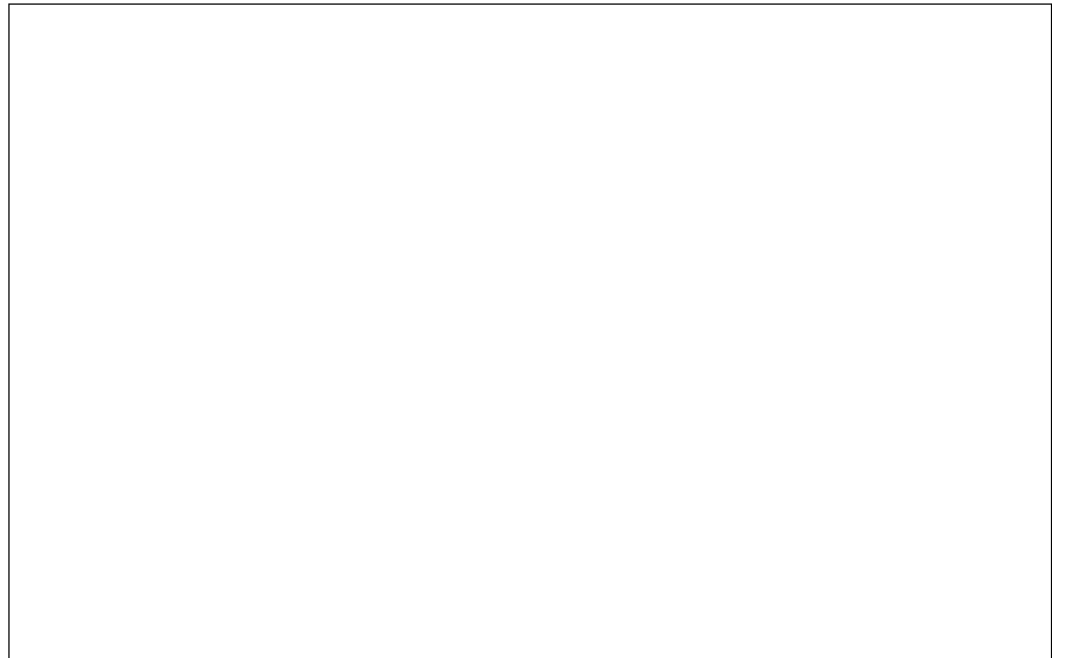
What that means to

a PA is simple: "I get to learn my patient population," Capt. Stevens said. "I know about these people and their families. It gives me that extra personal touch, where I can say 'how are things at work?' and I actually know where they work."

Capt. Stevens said his chart line-up on any

"Physician assistants are the backbone of the medical care system we provide in the military. They're the front line people keeping a large number of the active duty population able to do their job."

-- Lt. Col. Markham Brown, flight commander, family practice clinic



Capt. Randall Stevens, 52nd Medical Group physician assistant, uses a stethoscope on Airman 1st Class Gabrielle Allen, 52nd MDG health services manager apprentice.

given day can include a two-week-old baby or a 75-year-old lady with osteoporosis.

The job's challenges are welcomed by Capt. Stevens and rest of the PA staff. The rewards are as much in healing as they are in the patients' gratitude for it.

"The fun part is putting together the puzzle -- taking the information in, processing and coming up with the diagnosis," Capt. Stevens said. "In other words, 'how am I going to help this person get better?'"

As for becoming a full-fledged doctor, Capt. Stevens said he isn't rushing back to medical school -- and with good reason:

"My parents couldn't afford to send me to medical school, so I joined the Air Force," Capt. Stevens said. "Soon I had a family of my own and I realized that this job was the perfect niche for me to be at the provider tier of medical care without sacrificing my mar-

riage and my relationship with my children."

Capt. Stevens began his military career as an enlisted medical service technician. Today, he's come full circle and uses the training he received to enhance the roles of new medical technicians and give them more pride and responsibility in their jobs.

"Once you have to think about it yourself, versus me just telling you the answer, it's going to stick," Capt. Stevens said he gives trainees and technicians "pop quizzes" in the hallway and hands-on training with patients.

Capt. Stevens' and his colleagues' dedication is evident to more than only patients.

"The PA's are the backbone of the primary care system we provide in the military," said Lt. Col. Markham Brown family practice flight commander. "They're the front line people keeping a large number of the active duty population able to do their job."

Key spouses give military direct link to community

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

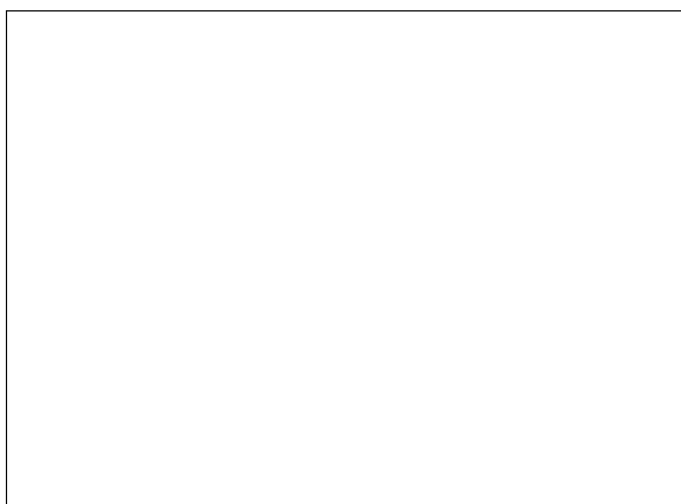
As friends, empathetic ears, communications links and links to the community, key spouses serve as liaisons between military units and families. This select group of people volunteer their time to stay in touch with other spouses, letting them know that there is someone out there who cares, listens and can help when needed.

"Some spouses have a tendency not to contact the squadron when they need help because they think that it might reflect on their military spouse's career," said Michela Menschel, 52nd Aircraft Maintenance Squadron key spouse.

The most common concern military spouses express is that they don't get unit specific information when the active-duty spouse is deployed, according to Master Sgt. Tracey Rickey, 52nd Mission Support Squadron family support center readiness program manager.

"Of course, the squadron is busy focusing on the mission," she said. "In that way, key spouses help the squadron by taking some of the phone calls the first sergeants or commanders would get."

Key spouses share information about base policy changes, upcoming unit functions and support services with fellow unit spouses through personally authored newsletters, e-mails and phone calls. Some key spouses also like to add a personal touch to their communications by checking in on families of deployed members to ensure all is well on the home front. In one instance, 52nd Mission Support Squadron key spouse Janet Johnson and key spouse assistants sent care packages to troops downrange and "Pamper Packages" to their spouses.



"This was greatly received by both the military members and their spouses," said Mrs. Johnson. "A little tender loving care is basically what these spouses need in times of deployment. Occasionally, there are those who ask for help, but more often, they just appreciate a call or card just to let them know someone is thinking of them and they haven't been forgotten."

Key spouses also provide assistance on several different levels to families in the various stages of military life, including first duty station, base newcomers, special needs and single parents.

"Key spouses are so helpful because they're peers -- people who know first hand what being a military spouse is like," said Master Sgt. Rickey.

Performing key spouse duties isn't a role for everyone, the

program manager said. Key spouses are selected by unit first sergeants and commanders because they can effectively represent the unit in their role of providing communication, inspiring unit cohesion and sharing community information. Key spouses also attend monthly training meetings to learn about base help agencies and gain situational awareness. This way, they're prepared to share information on sensitive topics such as force protection, stress management, family care and financial assistance.

Knowing how difficult it can be to find a quiet moment with children tugging at the proverbial apron strings, 52nd AMXS key spouses made free childcare arrangements for parents who needed some time out.

"The Girl Scouts volunteered to entertain the kids, while the mom or dad took care of paperwork or read a book for an hour or two without interruption," she said.

Sometimes military family members don't have specific questions, but simply need to talk to someone who has dealt with deployments and the frustrations that come with being a military family, Master Sgt. Rickey said.

"As a key spouse, I've met a lot of interesting people and have learned that there's a lot of help out there," said Mrs. Menschel. "Key spouses can help point you in the right direction."

Currently the 52nd Fighter Wing has 80 key spouses. To get in touch with a unit key spouse, call Master Sgt. Rickey at 452-6894 or a unit first sergeant. To find out more about what being a key spouse is all about, Master Sgt. Rickey suggests people speak to their unit key spouse or call her for a point of contact.

Community Mailbox

Tops in Blue

The Air Force entertainment troupe, Tops in Blue, performs Saturday at 7 p.m. in the Spangdahlem AB fitness center. The show, "Soaring With Eagles," is a musical for people of all ages.

Spouses Group

The Component Maintenance Squadron spouses group call takes place Thursday at 6 p.m. at the Bitburg Annex chapel. Maj. Rob Gilchrest will attend to answer questions. For more information call Stephanie Miller at 06571-952201.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Preseperation consultation, Monday, 8-9:30 a.m.

■European jobseekers, Monday, 11 a.m. until noon.

■Predeployment Briefing, Tuesday, 1:30-2p.m.

■Career profiling, Tuesday, 1-3:30 p.m.

■Creative Critters, Wednesday, 10-11 a.m.

■Federal employment, Wednesday, 1:30-3 p.m.

■Resume writing, Wednesday, 5-8 p.m.

■Volunteer of the Quarter packages are due Wednesday for the July-September quarter. Call Kelly Childs for more information.

Education services news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

■The University of Phoenix is located at Spangdahlem AB, Bldg 131. The branch office offers master's degrees in business administration and education. For more information, call 452-7556.

■The University of Maryland University College European division offers "The Harry Potter" series as a one-semester hour weekend literature course Oct. 4-5 from 9 a.m. to 5 p.m. each day.

Enrollments begin Oct. 1 at the education center, building 192, room 4. For more information, call John Quigley at 452-6637 or e-mail John Hovsepian at jhovsepian@ed.umuc.edu.

■Application deadline for Term 2 spouse tuition assistance is Oct. 3 at 4 p.m. The term runs from Oct. 27 through Dec. 19. Call Sherry Beasley at 452-6063 for more information.

EDIS news

Infant and toddler developmental screenings take place the first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161. EDIS also offers screenings each second and fourth Monday from 9-11 a.m. in the Bitburg Annex Chapel. Call 452-8238 for details.

Friendship lunch

The Officers' and Civilians' Spouses Club hosts a Texas barbecue for their annual German-American Friendship Luncheon Oct. 8 at Club Eifel. Social hour begins at 11 a.m. and lunch begins at 11:30 a.m. Cost is \$8.25 for members and \$9.25 for guests. For reservations or information e-mail spangocsc@yahoo.com.

Krispy Kreme donuts

The Griffin Booster Club sells Krispy Kreme donuts in front of the Spangdahlem commissary and post office and the Bitburg Annex BX Sept. 30 from 10 a.m. until 2 p.m. Cost is \$5 per dozen. Call Staff Sgt. Matt Ludwig at 452-4803 or e-mail matthew.ludwig@spangdahlem.af.mil to place orders.

Haunted house

The 2nd annual haunted house takes place Oct. 29-30 from 6-10 p.m. and Oct. 31 at 6 p.m. at the French Caserne in Bitburg Annex. The event is a fundraiser sponsored by the 52nd Civil Engineer Squadron. Cost of entry is \$5 for adults and \$3 for children 12 and under. Call Staff Sgt. Charles Lee at 452-6145 for details.

Reading Circle

The Eifel Reading Circle discusses the following books at the Royal Belgian Chocolate Café in the Spangdahlem BX: September, Portrait of a Killer by Patricia Cornwell, Oct 16 at 6:30 p.m.; October, White Apples by Jonathan Carrol; November, December, Eye in the Sky by Phillip K. Dick.

Spoken word poetry groups

■Spoken Word Wednesday meets the first Wednesday of each month at 8:30 p.m. at the Belgian Coffee Shop at the BXtra. Contact Staff Sgt. Mervyn Seivwright at 452-5608 or 01627-288871 for more information.

■Spoken Word Thursday meets every other Thursday at the BXtra. The next meeting takes place Thursday at 8:30 p.m. Listen or participate.

■The Teen Poetry Group meets Oct. 8 from 6-7:30 p.m. at the teen center. All teens are welcome with or without poetry.

PWOC gathering

The Protestant Women of the Chapel general gathering takes place Oct. 9 from 6:30-8:30 p.m. The theme will be "Celebrating the Seasons of Life." Contact Betty Burn at eifelpwoc@hotmail.com for more details.

Playgroups

■Children's story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for details.

■Preschool playgroups meets each Friday from 9:30 a.m. to noon in Spangdahlem AB Military Family Housing building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for details.

Story time

Children's story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem library.

Club Happenings

The following events take place at Club Eifel. Call 452-6090 for more information.

Today

■Limited Services: Lunch Buffet and Friday Burger Burn cancelled, cashier's cage, slot rooms and stripes Lounge open.

Saturday

■Stripes Lounge: Play Spades and Bones from 5:30-8:30 p.m. Oldies but Goodies DJ 9-11 p.m.

Sunday

■Breakfast Buffet, 10:30 a.m.-1:30 p.m. Cost is: Members \$7.95/Kids (6-12) \$4.00 Non-members \$10.95/Kids (6-12) \$7.00 Under 5 eat free.

■Ballroom: Bingo 5:30 p.m.

Monday

■Country Buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Stripes Lounge Opens Daily at 4:30 p.m.

Tuesday

Mexican lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members. Club Eifel closes at 4:00 pm for year-end inventory.

■Stripes Lounge: Movies from 6-11 p.m. This month's theme is sports.

Wednesday

■Italian Buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

Thursday

■Bar Extravaganza Buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members. Evening dining, Mongolian barbecue. Members \$.40 per oz. Non-members add \$3.00 to the total cost.

■Stripes Lounge: Karaoke 9 p.m.-1 a.m.

Call 452-6090 for more information.

2003 Holiday Bazaar volunteers needed

Positions for the event taking place in November include security, vendors, office assistants, kitchen hosts and runners.

E-mail: IwantToVolunteer@hotmail.com for details.

Volunteers are entitled to two hours of exclusive shopping before the bazaar opens to the public.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Maj. Melinda Morgan.....Chief, Public Affairs
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Iris Reiff.....Leisure writer

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All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	405	284	-121
A-10	292	233	-59

*Delta is contract vs. sorties flown to date.

Through Sept. 22

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Sept. 26, 2003

Page 6

Exercise time

Know what to expect, how to respond during wing-wide NATO tactical exercise

By Tech. Sgt. Eddie Fowl
52nd Fighter Wing Inspections Office

“Alarm Red, MOPP level 4.”

To most civilians these are just meaningless words. However, to the U.S. military member they represent personal survival. These words should convey urgency, and proper actions should be carried out instinctively upon hearing them. Very soon these directives will echo over the base public address system at Spangdahlem and we all must know how to respond. Ask yourself the following: “Do I know how to react?” and “Do I know what I need to do to help others?”

The threat of nuclear, chemical, or biological weapons alone should be enough incentive to exercise realistically and regularly.

Additionally, U.S. Air Forces in Europe guidance to Air Force Instruction 10-2501, Full Spectrum Threat Response Planning and Operations, defines the training requirements for

personnel who are on deployment status. Recent events have shown that the majority of military personnel stationed at Spangdahlem may be deployed at any time. This guidance drives one of the 52nd Fighter Wing commander’s exercise objectives: **All of Spangdahlem will be a play area, and except for small groups, all military members will exercise.**

During the week of Oct. 6-9 the wing will practice its war related skills. Exercise Harley Saber 03-01, will launch a series of exercises that test this wing’s ability to survive, operate, and win. These exercises prepare the wing for future combat operations and culminate in the NATO tactical evaluation Aug. 9-13 2004.

The manner in which local exercises at Spangdahlem and Bitburg AB are conducted is evolving. All military personnel will be involved. The entire base populous should expect routine services to be interrupted. The intent will always be to minimize the impact on civilians while preparing the wing for real world contingency conditions. Minor inconveniences during exercises may very well save lives later.

In the past there have been several “No Play Areas” on the base. This will no longer be the case; the play area will include the entire base with minor exceptions.

Some services will continue unaffected during the exercises. Those services include medical care providers and their patients

involved in direct care activities and individuals who are testing for promotion or Career Development Course end-of-course exams. Military personnel should contact their commander to seek further guidance about their involvement in the exercises. Civilian personnel should call ahead and confirm appointments as well as plan on extra time to accomplish routine tasks.

Spangdahlem AB Instruction 90-202, dated September 2003, details all the play and no-play areas plus personnel exemptions.

September 11, 2001 sent a message around the globe. In today’s threat environment it is absolutely essential that commanders maximize their unit’s ability to survive and operate. Team Eifel must be ready and to be ready we must practice.

Direct Line

Social security numbers at Airman’s Attic

Question: I do not feel comfortable leaving social security numbers in the hands of volunteers who do not undergo any form of background check. It is often stressed that military members should be cautious about who has access to personal information. Why does the Airman’s Attic need our sponsor’s complete social security numbers? Wouldn’t the military member’s first letter of their last name and the last four of the social be enough information to track us? In the past six months, I have been asked to fill out a yellow card three times. Are the personnel at Airman’s Attic losing these cards?

Answer: Thank you for bringing this matter to my attention. In researching this issue, we discovered that an outdated process was in place. The information was previously used in a family support center database for accountability and authorized user verification. Since this system is no longer in use, we have removed the social security numbers from the Airman’s Attic form. It’s worth noting that although the completed form was handed into a volunteer, an official staff member maintained the security of the form in a locked file and did the data entry. Thanks again for your input. If you have any additional questions about FSC procedures feel free to contact Daniel Shulaw, FSC director, at 452-6422.

Stairs at the WICO office

Question: Why is the Women, Infants and Children Overseas office located on the second floor? Customers enrolled in WICO are either pregnant or have a child 5 years or younger. This presents a challenge in getting all family members “safely” up two flights of stairs.

Answer: Thanks for bringing your concerns to our attention. Unfortunately, space on base is very limited. The current location of the WICO office was the only available space when this program started up and we made a host of improvements to the area to enable us to move in to the WICO office. Families requesting WICO assistance only come in once every three months -- it’s generally the first visit after delivery that can present a problem for a mother who’s had a Cesarean section. To accommodate this, WICO does this first appointment on the first floor, i.e., no steps to climb. It’s not normally a problem for second and subsequent visits as mothers are fully recovered by then. Based on your concerns, we will look for any opportunities to relocate the WICO office to a first-floor location of an existing facility. I’m glad you find the program beneficial and appreciate your interest.

Express viewpoints with climate survey

By Richard Salomon
Air Force Manpower and Innovation Agency Public Affairs

RANDOLPH AIR FORCE BASE, Texas -- Air Force people will soon be able to share their viewpoints on how their leaders and organizations are doing by participating in the 2003 Air Force climate survey.

The online survey begins Oct. 1 and runs through Nov. 23. Senior leaders said the survey is one of the best ways for Air Force government employees to share their concerns about their organizational climate and participation in the survey is critical.

“Leadership must be made aware of what’s really going on out there,” said Secretary of the Air Force Dr. James G. Roche. “By taking a few moments to fill out this survey, you can help your leaders understand your concerns and, ultimately, better serve you and our nation’s interests.”

“The survey allows people to share their personal views on areas for improvement at the organizational, command and Air Force levels,” said Capt. Amy Moore, U.S. Air Forces in Europe manpower performance management section chief and U.S. Air Forces in Europe point of contact for the survey.

The survey team has taken measures to ensure privacy by using advanced information-masking software.

The survey covers such topics as leadership, supervision, training, teamwork, recognition, unit flexibility, general satisfaction, unit performance outcomes and job enhancement. The survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period. Survey results will be released early in 2004.

Movies

All movies play at 7 p.m. unless indicated otherwise.
Movie synopses are available at www.aafes.com/ems/-default.asp.

Bitburg Castle

Today
S.W.A.T. (PG-13)
After weeks of rigorous physical training, the new team is quickly thrown into action when a notorious drug lord offers a \$100 million reward to anyone who can free him from police custody.

Sinbad: Legend of the Seven Seas (PG) (4 p.m.)

Eris, the goddess of Chaos, steals “The Book of Peace,” and frames Sinbad. To prove his innocence Sinbad travels to Eris’ realm.

Terminator 3: Rise of the Machines (R)

The cyborg from the future once again becomes involved in the affairs of twenty-something John Connor and his first battles with the SkyNet machine network.

Sinbad: Legend of the Seven Seas (PG)

Closed Monday and Tuesday

Legally Blonde 2: Red, White and Blonde (PG-13)

Pink-loving, blonde-haired Harvard graduate Elle Woods turns her legal and fashion-savvy know-how towards getting a bill passed through Congress. The issue is animal testing, which Elle becomes concerned about when the parents of her dog can’t attend the pet’s wedding.

S.W.A.T. (PG-13)

Spangdahlem Skyline

Today
The League of Extraordinary Gentleman (PG-13)
Based on the acclaimed comic books by Alan Moore, a legion of superheroes the likes of which the world has never seen, with little preparation and no time to lose, must save the world. But, the members of the League enter their union with inherent suspicion toward one another.

Open Range (R) (10 p.m.)

This film tells the story of how four cattle herders team up to rid a burgeoning remote town from the machinations of a ruthlessly evil rancher who makes the laws and enforces them using scare tactics and brute force.

Johnny English (PG)

A bumbling British agent is sent to rescue the crown jewels and save the monarchy from the scheming Frenchman Pascal Sauvage.

How to Deal (PG-13) (10 p.m.)

Halley is disillusioned with love after seeing dysfunctional relationships around her. But when a tragic event in her life leads to a romantic encounter with a young man, she realizes the possibility of true love.

Johnny English (4 p.m.)

How to Deal (PG-13)

The League of Extraordinary Gentleman (PG-13)

Open Range (R)

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

‘Worth a trip ...’

Travelers discover Germany’s capital city has wall-to-wall fun

Story and photos by Iris Reiff
52nd Fighter Wing Public Affairs Office

Recently about a dozen wing members visited Berlin, Germany’s capital city, as part of a recognition event for Spangdahlem’s recent 50th anniversary. Col. Stephen Mueller, 52nd Fighter Wing commander, was a keynote speaker and thanked German government and local representatives for their support. Although time restraints allowed only for a brief tour of the city, there is so much more to Berlin’s culture, architecture and history to enjoy.

“Berlin is worth a trip!” This popular slogan has never been as true as today. After the fall of the wall and the reunification Nov. 9, 1989, Germany’s new capital on the Spree, divided for 28 years, regained all its attraction and has become one of the most fascinating cities in the world. The city has veritably doubled in size and there’s something interesting or new to be found wherever you go.

Here are some of the countless attractions available in Berlin.



The Berlin dome has a rich history. Another famous site, The "Berliner Rathaus" was constructed in the 1800's and can be found in the east of Berlin. A tour through the "Mitte" district of the city provides an interesting look into Berlin's common history.

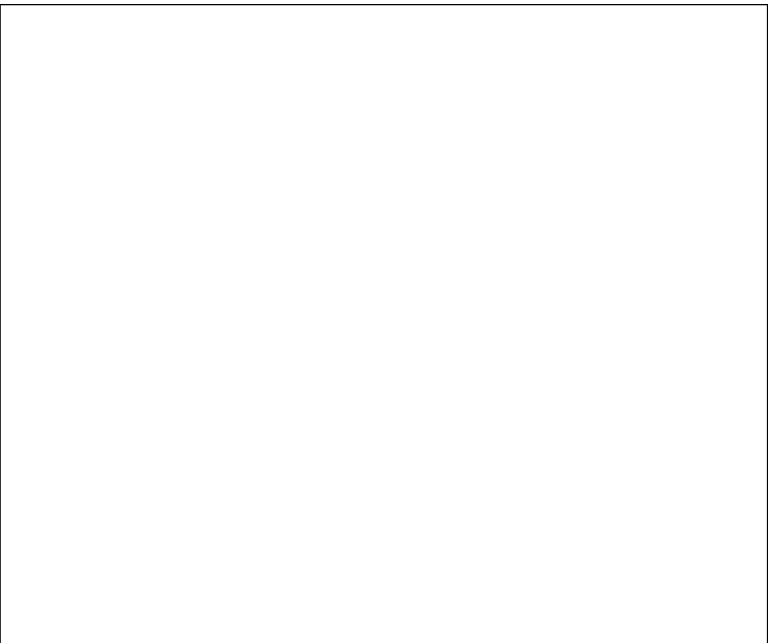
“Alexanderplatz” and offers a panoramic view up to a distance of 40 kilometers.

For those who would like to explore reunited Berlin and enjoy the atmosphere here, an excursion could possibly start from “Alexanderplatz,” continuing to the “Kurfuerstendam,” the city’s most famous boulevard and entertainment square. Along this route you can find numerous points of interest associated throughout the world with Germany’s capital. Day and night, there’s always something going on here: shops, pubs, cafes, restaurants, movie theaters, musicians, acrobats, life-concerts, sidewalk vendors, as well as a 24-hour endless stream of visitors. Here, it’s perfect for strolling. In the side streets one can find numerous fascinating shops, boutiques, antique stores, galleries and a lot more.

In the heart of Berlin lies “Unter den Linden,” one of the most beautiful boulevards with a series of famous buildings and monuments. The street was laid out by the Great Prince Elector and connected the Berlin City Palace with the “Tiergarten” former game preserve and hunting grounds, which at the time laid outside the city walls. Today “Tiergarten” is the largest and most beautiful green area within the inner city.

Rathaus Schoeneberg on John-F.-Kennedy-Platz or Schoeneberg district’s city hall, built 1911-1914, became the political center of West Berlin after 1948. The Bell of Freedom, a gift from the Americans, has hung in the tower since 1950, where it rings every noon and on special occasions. In 1963 President John F. Kennedy held his famous speech from the Rathaus balcony, which ended with the often-quoted words: “Ich bin ein Berliner” or “I am a Berliner.”

In order to obtain a good first impression of Berlin, it is advisable for first-time visitors to see the city from high above. To do this, one can take the lift to the “Tele-Cafe” at the famous Berlin “Fernsehturm” or television tower, where at an altitude of 207 meters, the observation globe revolves high above



The German Parliament is located underground, beneath this glass roof monument, where thousands come year-round to visit. It is called the Reichstag. There is a stairwell that leads to the top and visitors can get an bird's eye view of the city. The German government moved from Bonn to the dome in the autumn of 1999.

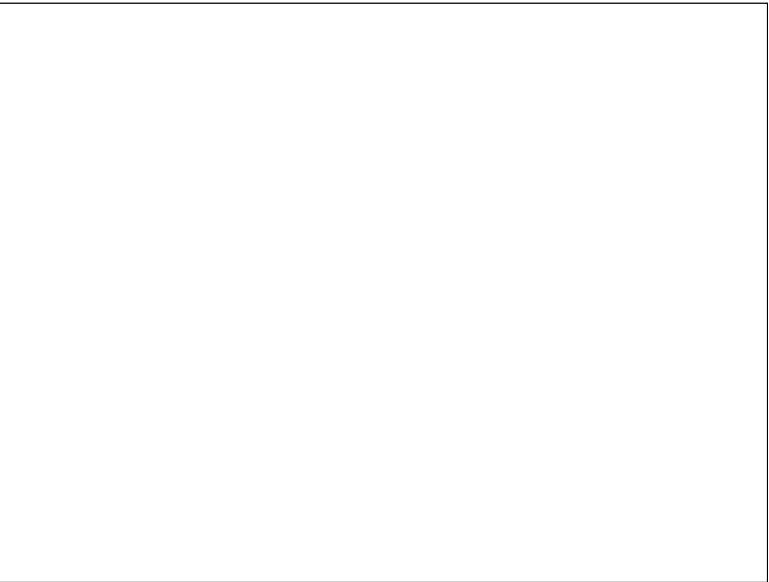
Berlin’s well-known memorial church, the “Kaiser-Wilhelm-Gedaechtniskirche” is located on Breitscheidplatz. In 1945 only the ruin of the tower was left of the church, built in 1891 through 1895 in the Neo-Romantic style. Carefully preserved, it is a warning monument of the war and a familiar symbol of today’s Berlin.

Berlin’s Olympiastadium sports arena, seating 78,000 people, was built for the 1936 Olympic games. Germany’s soccer fans meet here every year for the climax of the season -- the trophy finals. More sports sites surround the stadium complex.

Those who would like to take a journey through Europe’s most comprehensive gardens, might want to consider a visit to the Botanic Gardens on “Koenigin- Luise-Strasse,” “Unter den Eichen.”

The Europa Center is a window-shopping paradise on “Tauentzienstrasse.” Store after store, pubs and restaurants, a cabaret as well as the Berlin “Spielbank” gambling casino can be found here. On the ground floor, Berlin’s largest water-clock measures the time; and from the roof one has a magnificent view over the city.

The area around Berlin is famous for its lakes, forests and



Spangdahlem members were invited on a boat cruise on the beautiful Spree river. One could see buildings such as the German Reichstag or Parliament and other famous sites from the boat.

points of historical interest. The “Mark Brandenburg,” the “Potsdam” palaces and the canals are among the most popular destinations for outings for Berliners and their guests.

In Berlin, Germany is growing together -- not because the city functions as the country’s capital, but because nowhere else does the upscale West collide as closely with the modest East.

Barons take ‘three on a match’ against teams in U.K.

Tennis players prove their ‘net worth’ to preserve perfect season 4-0 record

By Pete Vadney

Bitburg High School tennis coach

Riding a bus for 11 hours and then playing tennis can set back most players, but the high school boys and girls seemed to thrive on the occasion. They traveled to Lakenheath, England Sept. 18 and engaged three teams, Lakenheath, London Central and Alconbury over the weekend. During that time period, the teams played 54 games and were so dominant in those matches that they only lost five.

On Sept. 19 against Lakenheath the boys tore through the Lancers, winning 8-1 and losing only the final doubles match of the day. Jordan Matthews started things off for the boys as he served his Lancer opponent into a 6-1, 6-0 loss.

Eric Martz, playing in the #2 slot put away his match 8-4 and then combined with John

Pendergrass to win the #1 doubles contest 6-3, 7-6 in a game that needed a 7-4 tie breaker to finish it.

Juniors Cory Blauser, Joe Mueller and Jose Tovar also won victories against the Division I Lancers.

The girls found the lady Lancers a bit more challenging. Brittany Garcia led the girls out winning her singles match 6-4, 5-7, 7-6, winning the final set in a seven point tie breaker 8-6. During the match she slammed into a fence and injured her foot, but continued to play on into a doubles match where she and Emily Kiefner beat another determined set of lady Lancers 8-4.

Other female Baron winners of the day included Norah Fisher who won her match 8-1 and Rene Flemmings. Flemmings slipped by for a varsity victory 8-6 after being down earlier in the match 6-3. Final score on the day, Bitburg 7, Lakenheath 2.

On Saturday, during a long and surprisingly hot day in England, the Barons took on London Central High School first with the

boys winning 7-2 and the girls playing without team captain Garcia -- sweeping their matches 9-0. John Pendergrass had the most impressive performance for the boys winning 8-1 and Mueller played a gutsy game in a losing cause falling behind 7-3 before rallying to win five straight games. He then found himself in a 7-point tie breaker that he dropped 7-5, much to the relief of the beleaguered London Central opponent.

The girls blew by their opponents winning all their matches by scores of 8-1 or better.

The Barons showed that the hot 83-degree day was to their liking as they swept by

Alconbury High School with both the boys and girls going 9-0. The overmatched Alconbury team spent the day dodging 8-0 game sweeps by the Barons.

Freshmen Jackie Ventrice and Caitlan Schwartz made their high school varsity debut in what turned out to be the closest set of games of the match, winning 8-4. Jordan Matthews, Pendergrass, Tovar also brought something to the table. They swept all their matches (singles and doubles) for the three game series in England On the girl’s side, Flemmings and Fisher also turned this feat.

The Barons spend this homecoming week challenging two teams, traveling to Division I Ramstein Thursday and then returning home to play interleague rival Division II Mannheim. The Bitburg Barons attempt to protect their season perfect record of 4-0 this weekend.

Barons wrangle Hanau Panthers for non-conference game victory

By Rik Carr

Bitburg High School football coach

With 14 points scored on defense, it was clear that was the dominant factor for the Barons. It proved to be enough to enable the Barons to defeat the Hanau Panthers Sept. 19. Two Baron interceptions and a safety accounted for the 14 points and the Baron offense kicked in a touchdown for a final score of 23-6 and a Baron victory.

First quarter action was defense by both teams as the offenses were unable to move the ball. In the second quarter cornerback David Murray showcased his intercepting skills picking off two Panther passes and rumbling into the end zone on both. The safety occurred on an Omar Powell powerful kick driving the kick returnee to the 3-yard line where he decided to run the kick-off but went into the end zone and went down.

The Baron only offensive score came on a Devon Gardner 9-yard “up the middle” run. Tom Mueller was the leading rusher with 68 yards on seven carries. Gardner was next with 29 yards on five carries. Powell had his best day kick-off as he boomed the ball to the end zone and had an almost perfect onside kick. Alyx Walks led receivers with three catches for 19 yards. Guard Chris Eubanks provided some outstanding blocking though out the day

It was the David Murray show, the first half defensively, as

he had the two interceptions for scores and seven tackles, five being in the backfield. Linebacker Eubanks was also a key element in the Baron defense as he was in on 18 tackles, four in the Panther backfield. Linebacker Matt Bendus and linemen Mike Hunter and Justin Cole had big games combining for 22 tackles with nine of those in the Hanau backfield. Gardner and cornerback Thomas Woodberry also had big games combining for 20 tackles.

This was by far the Baron’s best defensive showing as they had several players always in on the tackles and dominated the Panther line of scrimmage. Defensive player of the week was Murray and Eubanks was the offensive player of the week. Co-captains are Mike Hunter and Anthony Fornicola

In junior Baron action it was victory number two as the juniors rolled to a 12-0 victory. Running back Josh Collett erupted for 87 yards on nine carries and two touchdowns. Another shut out by the mighty defense led by Erett Grubbs and Chris Ramos enabled the junior’s to keep their unbeaten streak going.

Tomorrow the Barons open their season at home as they entertain the Allied Forces North Europe Lions. The junior varsity team kicks off at 10 a.m. and the varsity team begins at 1 p.m. Volleyball, cross-country, and tennis will also be at home.

Choose healthy snacks for midnight munchies

After a good day’s work, healthy foods for meals, and a productive workout, the day is done and it’s time for bed. If when hitting the hay, hunger pangs still loom, here are some snack suggestions to quell those late-night munchies:

- fresh fruit
- low-fat and low-sugar cereal with skim milk
- frozen fruit bars
- plain breadsticks
- toast
- air-popped popcorn
- frozen yogurt bars

All these choices are low in fat and sugar and won’t spoil a diet or cause weight gain. Avoid eating too much of these foods late at night or any other time of day.

Making sensible choices involves give and take. When feeling hungry, a little something shouldn’t hurt. Just remember that good food choices and moderation are keys to snacking at any time of the day. (Courtesy of U.S. Air Force Fitness and Sports newsletter)

Sports Shorts

Homecoming Events

The Bitburg High School homecoming events are as follows:

■Spirit Walkaround Bitburg housing, today, 6 p.m., pep rally, 7 p.m., bonfire, 8 p.m.

■Football: Bitburg vs. Allied Forces Northern Europe, the Netherlands; junior varsity, Saturday, 10 a.m.; varsity, Saturday, 1 p.m.

■Volleyball: Saturday, Bitburg vs. Black Forest Academy, SHAPE and Patch, Saturday 10 a.m..

■Cross Country: Bitburg vs. AFNORTH, Brussels, Heidelberg, Patch, St. Johns, SHAPE, 12:30, girls, boys immediately after.

■Tennis: Bitburg vs. Mannheim, 10 a.m. Homecoming dance at Club Eifel from 8 p.m. to midnight.

Sports day

Spangdahlem AB Sports Day takes place Monday from 8 a.m. to 4 p.m. Events include softball, soccer, basketball, tug-of-war, horse-shoes, track and field, table tennis, racquetball, running, volleyball, bowling and relay races. Call unit sports representatives for details.

Bass battalion fishing tour

Bass fishing legends Roland Martin and Gary Yamamoto of The Yamamoto Bass Battalion presents the “Operation Iraqi Freedom Fishing Tour” Monday at 3 p.m. at the base pavilion. A meet and greet presentation takes place at 4 p.m. Joining the band will be women’s bass fishing association’s world champion Judy Wong. For more information call Jim Norman at 452-7176 or e-mail jim.norman@spangdahlem.af.mil.

Ice hockey

The ice hockey season opens in October. The Spangdahlem AB ice hockey team seeks players. Call Master Sgt. Jeff Barr at 452-6787 or Tech. Sgt. Lane Goodnough at 452-6618.

Foosball tourney

A foosball tournament takes place each Tuesday at 7 p.m. at the Brickhouse in the Eifel community center. Tourney is open to teams or singles 18 and older.

Cheerleading camp

The Bitburg High School cheerleaders hold Cheer Camp Oct. 10 from 3:30-6:30 p.m. at the BHS cafetorium. Cost is \$25 per cheerleader and includes a cheer camp t-shirt. The camp is for ages 6-14. All camp cheerleaders are invited to perform at the final Bitburg

Baron home football game Oct. 11 at 1 p.m. Registration forms are due by Oct. 4 and are available at all schools and youth activities centers. Call Hope Matthews at 452-9202 for more information.

Fun run

A breast cancer awareness fun run takes place Oct. 17 at 8 a.m. Refreshments and breast cancer prevention information will be available. Call 452-6496 for more information.

Self defense

Beginner and advanced classes for personal defense and professional development are offered on a rotating 10-week course at the Spangdahlem AB fitness center. Classes take place each Thursday from 6:30-7:30 p.m. Cost is \$40. Call 452-6496 or 452-6634 for details.